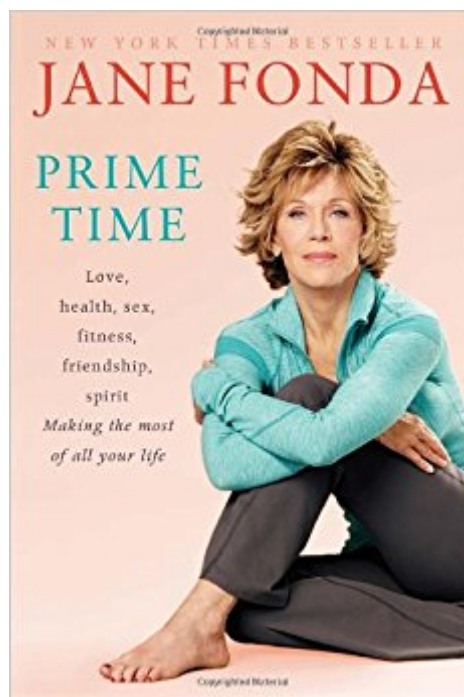




The book was found

Prime Time: Love, Health, Sex, Fitness, Friendship, Spirit; Making The Most Of All Of Your Making The Most Of All Of Your Life



Synopsis

NEW YORK TIMES BESTSELLER • An A-to-Z guide to living and aging well by #1 bestselling author, actress, and workout pioneer Jane Fonda • In this unique, candid, and inspiring book, Jane Fonda explores how midlife and beyond can be the time when we become our most energetic, loving, and fulfilled selves. Highlighting new research and sharing stories from her own life and from the lives of others, she outlines the 11 key ingredients to vitality—from exercise and diet, to forging new pathways in the brain, to loving, staying connected, and giving of oneself. She explains how performing a life review helped her clarify goals and move ahead, and shows how we can do this too. In *Prime Time*, Jane Fonda offers an empowering vision for how to live your best life, for all of your life.

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Customer Reviews

I was fortunate to receive an autographed copy of Jane Fonda's 'Primetime' book a week ago and started to read it immediately. I am a fan and follow her blogs and thus was offered her book. This is her fourth book, and follows 'Coming Of Age' where she explored her life until the age of 60. Now she enters her seventh decade, and found she is the happiest she has ever been. Jane Fonda researched many articles and subjects for this book, and she has brought us the best advice she has found. More than advice this book looks at how Jane and her friends have lived their lives, and what she has discovered that helps to make her the healthiest and happiest. She brings us the best of Jane and the best of our third act, what she calls 'Primetime'. One of the biggest obstacles that most people face in moving ahead is that they really don't know how to go forward. The best method

is to look at the past and analyze what has occurred. Find out where you have been, and then try to arrange a plan for the future- a life review. Jane Fonda suggests using a stairway and steps as a metaphor. It sounds complex, but once you read about the steps, it seems so plausible. Jane Fonda is very explicit in her discussions of sex and sexuality in our later years. She discusses quite openly how to promote the best sex life you can have, and the steps to take to get there. Jane shares her life. She lets us know where she has been and where she is now, and where she hopes to be in 5 or 10 years. She is in a constant state of learning, taking on new challenges one after another. There is much discussion of nutrition and exercise, all that we know and some I was not aware of.

*****In this wonderful new book on aging, the author Jane Fonda explores a new model for aging in the current longevity revolution--one that integrates learning, production, and leisure (all three stages of life) throughout the life stages instead of compartmentalizing them to youth, adulthood, and retirement--and how this integration can play out. She uses the metaphors of the arch (the old way of aging) and the staircase--continued ascent, especially in a spiral--the new way of aging. This book is about the last third of life, beginning at age sixty--for boomers and seniors, both male and female. Even though the author's perspective will appeal more to women than men, the book is informative and intended for both men and women. The author discusses eleven key ingredients for vital living and successful aging: (1) not abusing alcohol, (2) not smoking, (3) getting enough sleep, (4) being physically active, (5) eating a healthy diet, (6) brain health through learning, (7) positivity, (8) introspection and life review, (9) connection, (10) generativity, and (11) caring about the bigger pictures. She covers these areas in depth, including working out (with an actual workout for older folks in an appendix)--which you'd expect. She includes a very frank, helpful, and in-depth discussion of sex (including masturbation, sex toys, and erectile dysfunction medications) in an open and tasteful manner. She also discusses practical social problems of aging like poverty, nursing home care, elder abuse, etc. She includes the topic of meditation--a work-"in"--as well as well as the discussions of working out. The book is heavily based on current research in aging, but also includes the author's valuable personal experience and personal interviews.

My wife is a big fan of Jane Fonda and I bought this book as an anniversary gift for her. When it arrived I took a quick review and decided I would read it myself. My wife and I are in our sixties and try to eat well and exercise regularly and we are the targeted audience for the book. Jane does a good job of pointing out many useful hints for dealing with the issues of ageing both physically and mentally. She covers areas such as health, exercise, food, sex, self-understanding, keeping young

mentally, social growth, and touches on spirituality. Jane makes the case that from 60 on can be years of growth and self satisfaction if we focus and plan for this period. I liked and agreed with much of what she writes about. I am in my 60's and have been spending the last few years redefining who I want to be. I have focused on fitness, diet, and health like Jane suggests but I also spend an equal if not more time on my spiritual development. Jane has a chapter on dying but it is very superficial. She does not provide much real insight in how to cope with the ultimate issues of sickness, death, loneliness, separation from families, etc. Jane's book is upbeat and encouraging but when most people look at their lives they fall far short of this ideal presented by Jane. I think the book is excellent and will be useful for anyone 50 plus. However, it is not the total answer for achieving happiness in our later years. I would advise readers to also look at books concerning spiritual growth. There are many fine books that deal with these issues and depending on one's religious and spiritual background I would suggest reading what gave you most satisfaction when you were a child.

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